

Diabetes Prevention Program

If you're at risk for diabetes,
**you're not
alone**



Are you at risk?

Take the Centers for Disease Control and Prevention's diabetes [risk test](#). Only seven questions, and no name or identifiable health plan information required. Results are anonymous and confidential.

If so, it's time to take action!

Beat prediabetes and earn up to 350 Vitality Points when you complete the **FREE** national Diabetes Prevention Program (DPP). The program helps participants make real lifestyle changes to prevent diabetes, and is proven to reduce the risk of developing diabetes by 58 percent.

Your Kentucky Employees' Health Plan (KEHP) offers at-risk members FREE enrollment in a DPP course. Visit LivingWell.ky.gov or call Anthem's personal health consultants at **1.844.402.KEHP (5347)** to learn more about how to enroll in a course.

Starting in September

Louisville
YMCA, 930 West Chestnut
Street
Wednesdays beginning Sept. 16
from 6-7 p.m.

YMCA, 545 South Second Street
Tuesdays beginning Sept. 15
from 6-7 p.m.

**Sign up today! Call
1.844.402.KEHP (5347)**

For all your wellness benefits, visit LivingWell.ky.gov



Questions?
[Contact Us](#)



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You may not unsubscribe from receiving electronic communications about an ongoing transaction or relationship, including communications related to employee benefits such as Kentucky Employees' Health Plan bulletins or other notifications.

